



WORKING WELLNESS

Good Health is Good Business

MARCH
2014

is...



AMD/Low
Vision
Awareness
Month



National
Children's
Dental Health
Month



Heart
Month

Congenital
Heart Defect
Awareness
Week



National
Donor Day



With

Give Kids A
Smile Day

NEW YORK LIFE

INSURE YOUR
LOVE

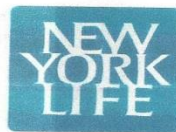
The Things We Do for Love

When it comes to showing our love, we sometimes go over the top with a silly, crazy or extravagant gesture. Other times we express our love in a quiet, tender act. All these things we do for love—the big and the small—are important. But when a special occasion comes around, like an anniversary or birthday, there is extra pressure to find the perfect gift—one that's meaningful, enduring and won't be soon forgotten.

Let's see. Meaningful—you could frame a photo or memento that has special significance to your loved one. Enduring—perhaps a nice piece of jewelry. Memorable—maybe something unexpected like a surprise getaway weekend. But what gesture of love can meet all three of these criteria? Here's one that you've probably never considered: life insurance.

Love Insurance

Now you may be wondering what life insurance has to do with love. Actually, the two are closely linked. Think about it. Why would you buy life insurance unless you truly loved the person you bought it for? In all likelihood you won't be around to see or experience the death benefits from your life insurance purchase. Buying life insurance, then, is the ultimate act of enduring love: It lets loved ones know that you care so much that you've made plans to provide for their well-being even after you're gone.



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Sugarloaf Key, FL 33042
(305)712-0390

Click here for the website: <http://www.newyorklife.com/agent/lmamone>

Reminder: In Network Providers

Don't forget to search in network before making a doctors appointment:

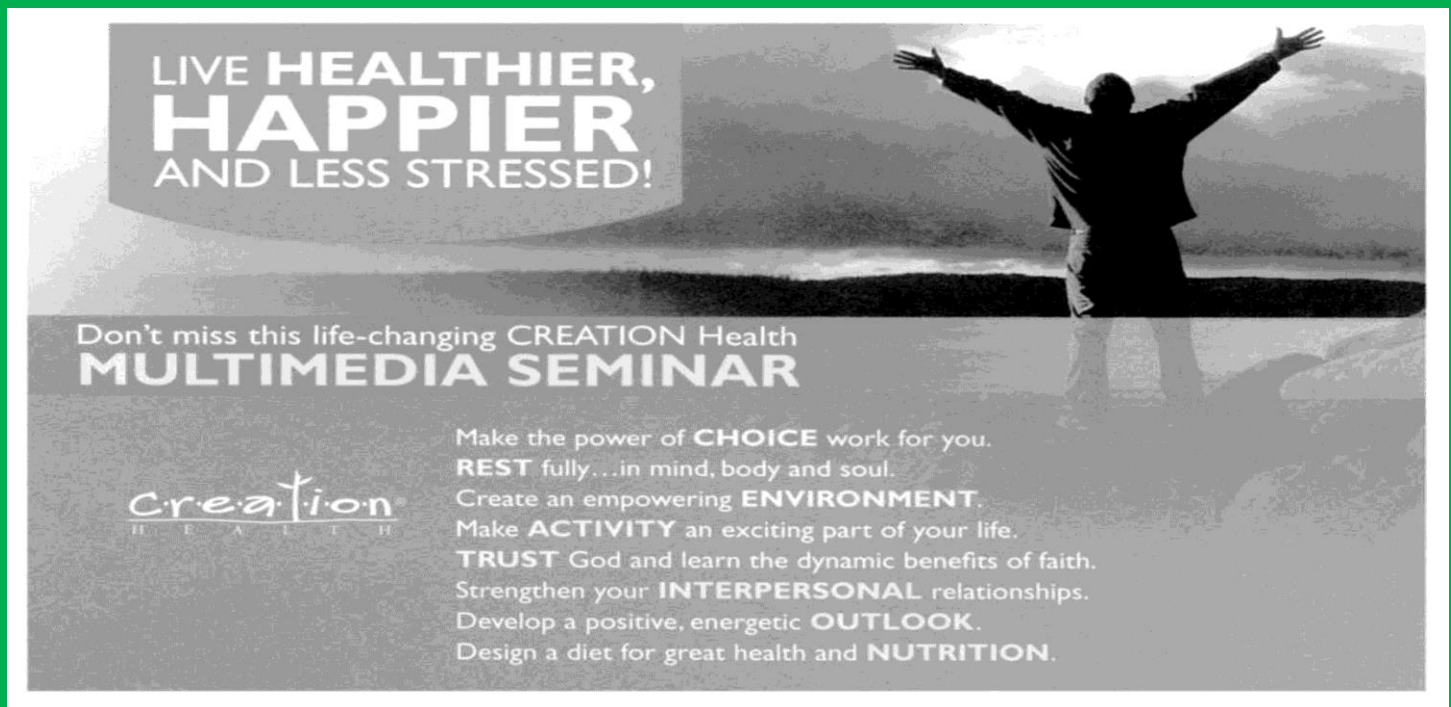
- Florida Blue- BlueOptions:
<http://myportal.bcbsfl.com/wps/portal/opd>
- United Concordia- Advantage Plus:
<https://www.unitedconcordia.com/find-a-dentist/>
- VSP- No network, just put in your zip code:
<https://www.vsp.com/>



Happy 
St. Patricks Day

For more
information on these
observances or
future observances,
go to U.S.
Department of
Health and Human
Services at
<http://healthfinder.gov/NHO/nho.aspx>

SPOTLIGHT OF THE MONTH: The Body Concierge



**LIVE HEALTHIER,
HAPPIER
AND LESS STRESSED!**

Don't miss this life-changing CREATION Health
MULTIMEDIA SEMINAR

creation
H E A L T H

Make the power of **CHOICE** work for you.
REST fully...in mind, body and soul.
Create an empowering **ENVIRONMENT**.
Make **ACTIVITY** an exciting part of your life.
TRUST God and learn the dynamic benefits of faith.
Strengthen your **INTERPERSONAL** relationships.
Develop a positive, energetic **OUTLOOK**.
Design a diet for great health and **NUTRITION**.

This seminar is hosted by Impact Community Church at 1316 5th St. in Key West. It begins Tuesday March 4th @ 5:30pm and continues each Tuesday after for 8 weeks. There is a onetime fee for \$25.00 to cover the cost of your seminar workbook. (A limited number of scholarships are available if cost is an issue for you.) To register please contact The Body Concierge Eric @ 305-842-1320 or Eric@thebodyconcierge.com

Visit www.CREATIONhealth.com for more information.

SPOTLIGHT OF THE MONTH: EAP Webinars

If you are interested in any of these upcoming Webinars or have any questions; please see contact information below.



MARCH 5 @ 3pm- Pennywise: Everyday Budgeting & Saving

MARCH 12 @ 3pm- Nurturing Friendships

MARCH 20 @ 3pm- Kids & Sports: How Parents Can Be Good Fans & Role Models

MARCH 26 @ 3pm- Wellness For Busy People



Available 24/7 @ 1-800-272-7252



Or

Register at: www.mylifevalues.com

Login: MCBOCC Password: MCBOCC





New Health Resources *FREE* from Florida Blue

Expert Guidance and Instant Access to Knowledge & Resources to help you take control of your life.

Empower Yourself Now!

Click on the link:

<https://floridabluehealthshop.guidewell.com/guidance/>

Resource Guides with 7 features to help you with :

- Stress Management
- Managing Diabetes
- Smoking Cessation
- Cholesterol Control
- Managing Blood Pressure
- Healthy Kids
- Hip Replacement Information
- Knee Replacement Facts
- Emotional Wellness
- Alcohol Abuse Prevention
- Healthy Eating with recipes
- *And much, much more.*

For more information contact: Meri-De Mercado, Sr. Benefits Coordinator @ (305) 292-4450 or mercado-meride@monroecounty-fl.gov

COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.



Hands-Only is Simple

Hands only CPR is very simple.
Anyone can do it.

The first thing you do is check the victim for unresponsiveness.

If the person is not responsive and not breathing or not breathing normally, **call 911** and return to the victim.

In most locations the 911 operator can assist you with CPR instructions.

Begin chest compressions.

Push down about **two inches** in the center of the chest.

Pump hard and fast at the rate of at least 100/minute, faster than once per second.

Don't stop until an AED is available or rescue arrives.

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.



A word from the Safety Officer



9-VOLT FIRE HAZARD

Do you have any spare **9-volt batteries**?

Maybe in a junk drawer in the kitchen or garage?

Did you know if not properly stored, they can start a **fire**?

Now would be a good time to find those extra batteries and store them properly.

A 9-volt battery is a **fire hazard** because the **positive** and **negative posts** are on top,

right **next to one another**.

If the posts come in contact with anything **metal** such as aluminum foil, metal pens, steel wool, paper clips, other batteries, etc. This will cause the object to heat up and **can ignite a fire**.

To **safely store** 9-volt batteries, keep the posts covered with **electrical tape** (and when disposing or recycling.)

